



# The Journal

Vol. 25

No. 37

[www.cnic.navy.mil/bethesda/](http://www.cnic.navy.mil/bethesda/)

September 26, 2013



Photo by Bernard S. Little

**Army Brig. Gen. (Dr.) Jeffrey B. Clark is applauded after accepting command of Walter Reed National Military Medical Center (WRNMMC) by Rear Adm. (Dr.) Alton L. Stocks (left) during a change of command ceremony on Sept. 19 at Naval Support Activity Bethesda, home to WRNMMC. Dr. Jonathan Woodson (rear second from left), Assistant Secretary of Defense (Health Affairs) and Director of the TRI-CARE Management Authority hosted the ceremony. Right is Chaplain (Col.) Robert Powers.**

## Clark Assumes Command Of WRNMMC

**By Bernard S. Little**  
**WRNMMC Journal**  
**staff writer**

Walter Reed National Military Medical Center (WRNMMC) at Naval Support Activity Bethesda (NSAB) held a historic change of command ceremony, Sept. 19, when the command changed hands from

Navy to Army leadership.

Brig. Gen. (Dr.) Jeffrey B. Clark assumed command of WRNMMC from Rear Adm. (Dr.) Alton L. Stocks during the ceremony held in front of the iconic Tower on NSAB.

Stocks was the first commander of WRNMMC, the nation's largest joint military medical center following the integration of the former National Naval Medical

Center (NNMC) and Walter Reed Army Medical Center (WRAMC) in September 2011. It is also the largest academic medical center in the Military Health System (MHS). The rear admiral assumed its command on Sept. 28, 2011. A pediatrician and surface warfare medical officer, Stocks is leaving WRNMMC for an assignment at the Navy Bureau of Medi-

cine and Surgery (BUMED).

Clark, a family medicine physician, most recently held the Army's top medical post in Europe as commander of U.S. Army Europe Regional Medical Command and command surgeon of U.S. Army Europe. He is the first Army officer to lead WRNMMC. He has also commanded Landstuhl Regional Medical Center in Germany, the largest

military medical center outside of the continental United States, from 2011-2012, as well as leading deployments to provide care in Kosovo, in the wake of Hurricane Katrina, and in Iraq during Operation Iraqi Freedom.

Dr. Jonathan Woodson, assistant secretary of defense

See **CLARK** page 6



# A Letter from the Editor

Last month, we asked our readers to complete a survey to determine the readership of our installation newspaper, *"The Journal."*

Thank you for your feedback! We have reviewed all of your comments and suggestions, and will keep them in mind as we produce future issues of *The Journal*.



MC2 Nathan Parde

One thing that's readily apparent when reading over the survey results is that we are a diverse group here at Naval Support Activity Bethesda (NSAB). From requests that we received for specific topics (look for an article on physician assistants soon) to more general themes, such as the history of Navy and Army medicine – we are listening to your requests and welcome your thoughts!

Looking over your comments, the two types of articles that receive the greatest amount of interests were command information (programs, classes, parking updates, award winners, etc.) and human interest/feature articles (articles focused on a particular person or unique event). With this knowledge, we will aim to cover more of these types of articles in the future.

Several survey respondents commented that they were not aware of an electronic edition of *The Journal*, but would like to follow the paper online. For those readers, I'd like to share the following link with you: <http://www.dcmilitary.com/section/news11>.

Comprint Military Publications, our publisher, posts all of the articles that run in our printed edition online on the day of the paper's release to their website, as well as an electronic version of the paper. This, together with our social media sites at <http://www.facebook.com/NSABethesda> and <https://www.facebook.com/Walter-Reed-National-Military-Medical-Center>, provides the online footprint for *The Journal*.

We also had a few individuals express concern about the amount of funding and/or advertisements that go into the paper. These are actually directly related: the ads, selected by Comprint, allow us to publish and distribute *The Journal* without any military funding. We enjoy a close relationship with Comprint, and our arrangement with them allows us to bring you weekly issues at no cost to the installation.

Going forward, we want to bring you more of the content that you like to see, including "Behind the scenes" features on organizations, departments and the personnel that make NSAB and our tenant commands successful.

Thank you for your support along the way, and we hope to continue hearing from you!

**Mass Communication Specialist  
2nd Class Nathan Parde  
Managing Editor for The Journal**

# Bethesda Notebook

**Flu Shots Available**

Staff and beneficiaries at Walter Reed Bethesda can receive the flu vaccine now through Oct. 25 from 8 a.m. to 4 p.m. Monday through Friday in Building 9, first floor near Radiology. You must bring your military ID, staff badge or Common Access Card (CAC). For more information, call Walter Reed National Military Medical Center Immunizations at 301-295-5798.

**Hispanic Heritage Month Celebration**

A celebration for Hispanic Heritage Month is today at 11:30 a.m. in the America Building Atrium (piano area). The event, sponsored by the Bethesda Multicultural Committee, will include music, dancing, staff talent and free food samples. For more information, call Sgt. 1st Class Jason Zielske at 301-400-3542, or at [jason.zielske@med.navy.mil](mailto:jason.zielske@med.navy.mil).

**Child Maltreatment Evaluations Training**

The Armed Forces Center for Child Protection at Walter Reed National Military Medical Center will host the training "Multidisciplinary Approach to Child Maltreatment Evaluations and Investigations" on Oct. 1-3 in the Memorial Auditorium. The training will address various aspects of child maltreatment to include recognition, evaluation, investigation, acute management and referrals for treatment. Up to 19 CME/CE/CEUs will be offered to attendees. To register, go to the website <https://education.mods.army.mil/NavyCME> and click on registration. There is no registration fee. For more information, contact Dr. Donna Leigh Kahn at 301-295-1454, or [donna.l.kahn.civ@health.mil](mailto:donna.l.kahn.civ@health.mil).

**Healing Arts Exhibit**

The Healing Arts Exhibits opens at Walter Reed Bethesda on Oct. 3 during a reception from 3 to 7 p.m. in the pavilion between the America Garage and Building 19. For more information, contact Seema Reza at [seema.reza@med.navy.mil](mailto:seema.reza@med.navy.mil), or Cmdr. Moira McGuire at [Moira.McGuire@med.navy.mil](mailto:Moira.McGuire@med.navy.mil).

**Ask Your Leadership**

'Ask Your Leadership' is a new staff communication tool for you to view and post questions or comments for official responses from the Walter Reed Bethesda command leadership. The tool is on the WRB Intranet page. Click on the Town Hall/Leadership Forum icon, and then click on 'Ask Your Leadership'.

Published by offset every Thursday by Comprint Military Publications, 9030 Comprint Court, Gaithersburg, Md. 20877, a private firm in no way connected with the U.S. Navy, under exclusive written contract with the Walter Reed National Military Medical Center, Bethesda, Md. This commercial enterprise newspaper is an authorized publication for members of the military services. Contents of *The Journal* are not necessarily the official views of, nor endorsed by, the U.S. Government, the Department of Defense, or the Department of Navy. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense or Comprint, Inc., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without re-



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# Make a Difference at NSAB; Become an American Red Cross Volunteer

**By Master-at-Arms  
Seaman  
April Beazer  
NSAB Public Affairs  
staff writer**

The American Red Cross at Naval Support Activity Bethesda (NSAB) has more than 375 volunteers that contribute more than 4,000 hours monthly. The process of becoming a Red Cross volunteer may seem like a lengthy process, but as Cassandra Corbyons, a Red Cross volunteer states, "it is absolutely worth your time and effort."

Assistant Station Manager Gaby Skovira described the volunteer process.

"We send the full process out via email every Friday and ask that prospective volunteers call our main line to be added to the email list at 301-295-1538," said Skovira. "The process begins with an online application and background check. Once the volunteer clears the background check they can then come [to NSAB] for a medical clearance and to initiate a Department Of Defense background investigation. After the prospective volunteer has cleared these steps, our office does orientation, provides HIPAA training and works on finding the best placement for the volunteer to meet the needs of the



Courtesy photo

**The Red Cross Pet Visitation "Pack" prepares to make visits to inpatients and wounded warriors at Walter Reed National Military Medical Center.**

hospital and/or support Red Cross programs here at NSAB. [This process can take] three to four weeks."

There are many ways to get involved with the Red Cross.

The volunteer programs include, but are not limited to the following; the Material Support for Wounded Service Member Treatment Programs, the MEDEVAC (Medical Evacuation) Program, the Comfort Care Program, the Portable TV/DVD/Gaming Program, the Creative Arts Program, the Quality of

Life Supply Closet Program, the Patient and Family Room, the Coffee Mornings Program, the Animal Visitation Program, the Emergency Communication Services, and the Lending Library and Book and Magazine Cart Program. Also, Senior Station Manager Marin Reynes mentioned that "we have a need for program support, Red Cross office support, [as well as] many individual clinic requests and special outreach events on the installation."

Volunteers at NSAB come from all walks of

life and support the Red Cross in many different ways.

"[The volunteers at NSAB are] supporting a variety of activities specifically for patients, family members and care providers," said Reynes. "Our volunteers range from civilian to active duty, from administrative up to Ph.D., who practice to the full extent of their credentials and support activities across NSAB. This includes volunteering at the Fisher House and greeting every wounded, ill and injured service member who arrives

via MEDEVAC. During the summer, we add up to 50 youth volunteers serving throughout the medical center. [Volunteers have been with Walter Reed] anywhere from one day up to 58 years."

Each Red Cross staff member and volunteer has their own personal reasons for volunteering here at NSAB. Whether having family in the military, being a veteran themselves, or just wanting to make a positive impact on the wounded, ill and injured and their families, their passion for what they do

is incredible, said Skovira.

Assistant Station Manager Kathleen Kelly said her personal passion for being a part of the Red Cross is to give back to service members.

"After working several years on Capitol Hill for a Congressional Committee while all three men in my family served on active duty, I decided to serve in a more direct way."

Skovira said her reason for joining the Red Cross team is to serve the military and their families.

"I enjoyed working as an intern in college and the mission of serving the military, veterans and their families."

Reynes also has a personal connection with joining the Red Cross.

"As a military brat myself and being from a long line of those who serve, this is my way of serving them."

Benjamin Sham-bon, Weekend Comfort Cart team leader, said, "I wanted to be a volunteer at Walter Reed Bethesda for several years and knew the Red Cross to be a great organization."

For more information on the Red Cross, visit the base Red Cross office located in Building 8, second Floor or call the main number at 301-295-1538.

## Computer Software Upgrades Continue

**By Sharon  
Renee Taylor  
WRNMMC Journal  
staff writer**

Upgrades are underway on approximately 14,000 desktops and laptops for about 9,500 Microsoft users at Naval Support Activity Bethesda, Walter Reed National Military Medical Center (WRNMMC) and tenant commands supported by the medical center's Information Technology Department (ITD).

"This is our number one priority for the fall going into winter," said Luis Lopez, ITD chief operations officer at WRNMMC. "It's our entire department and each one has an integral part in the process."

The 240-person department initiated the biggest information technology project of the 2013 calendar year on Aug. 19. The goal is to upgrade thousands of devices to Windows 7 and Microsoft Office 2010 by Dec. 31, Lopez

said. He cited system enhancement, performance improvement and personal security as the major differences between the current system and the new system.

"It's a lot more user friendly, and easier to navigate," Lopez said. "It's all-around a lot more efficient than the prior operating system which is Microsoft XP."

Navy Lt. William J. Walders, chief information officer for WRNMMC, explained three reasons for the

upgrade. Beginning in calendar year 2014, AHLTA, the inpatient Electronic Health Record (EHR) used at WRNMMC, its clinics and all other military treatment facilities, will require Windows 7. The upgrade to Windows 7 requires the addition of Microsoft Office 2010. Lastly, Microsoft support of Windows XP will end April 2014.

"What that basically means is that Microsoft

See UPGRADE page 9



Photo by Sharon Renee Taylor

**Brian Daly, a company representative assisting with Microsoft training at Walter Reed Bethesda, assists Barbara Brizintine of Ob/Gyn Oncology during a Question and Answer session the Information Technology Department holds twice weekly to help staff learn about Windows 7.**



# How to Keep the Pounds Off While on the Road and at Restaurants



Photo by Master-at-Arms Seaman April Beazer

**Warrior Café staff members serve healthy food alternatives at building 62 recently.**



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**By 2nd Lt. Jameson Tade  
Dietetic Intern  
Walter Reed National  
Military Medical Center**

A few weeks ago I met up with an old Army buddy who happened to be in the area. As we sat down for dinner, he talked about how hard it is to eat healthy on the road because his work requires him to travel a lot. He told me he eats mostly at restaurants and airports and admits to not always choosing the healthiest option. The truth is, he's not alone. Many Americans eat dinner away from home nearly five nights a week, and this is especially true during peak travel times like summer and the winter holidays.

While we all wish we ate our fruits and vegetables at every meal, people tend to pick high fat and high calorie foods when eating out, and it's not all their fault. Restaurants are to blame as well. Most restaurants serve much bigger portions now than they did 20 years ago, and frankly, most restaurant food tastes good and is convenient.

I explained to my friend there are a number of ways to stay healthy and choose the right foods whether you're at a restaurant or the drive-thru. Please see the suggestions below:

**Before going to the restaurant:**

Look up restaurants in the area and check out their websites. Most chain restaurants have nutrition information posted online, so you can browse their menu and plan what you want to eat ahead of time. Pick a restaurant that has a variety of menu options and many nutritious choices.

Think about what you've already ate and your level of hunger. The key to losing weight or staying at your current weight is keeping the amount of calories you eat the same or lowering them so your body burns more than you take in. If you had a big breakfast and snacks throughout the day, have a lighter dinner.

Pick a restaurant that you can walk or bike to, or go sightseeing to burn some calories before dinner. If you're visiting a big city, take in the scenery and choose a restaurant that's a little farther away than the one right by your hotel.

**At the restaurant:**

Fill up first on something light. Ask for a salad and eat that first. Veggies in salads have a lot of fiber, and fiber will fill you up without adding a lot of calories.

Ask for sauces, dressings, and gravies on the side. Many of these toppings have hidden calories, so having them on the side is a good way to ensure you don't overdo it and only use what you want.

Ask for water or other low-calorie beverages with your meal. Many people drink a lot of their calories without even knowing it, so ordering water with lemon, diet soda, or unsweetened ice tea allows you to not waste your calories on drinks.

Order a "doggy-bag" with your meal. Once your meal comes, cut the portion in half and save it for dinner the following night. This will ensure you don't over-eat the already large restaurant portions and keep your calories in check.

Ask how dishes are prepared. A good wait staff will know how the dishes are made, and can help you make the healthy choice. If you find out the dish you want is cooked with a lot of fat, you can choose something else or ask them to prepare it differently. Most places will gladly take simple, special requests.

Look for specially labeled "healthy" options on the menu. Most restaurants offer healthy or reduced-calorie entrees which usually have a symbol in front of it, such as an animated vegetable or a heart.

Pick a dish that isn't cooked in fat. Look for dishes that are broiled, baked, steamed, grilled, and roasted, as they usually don't add much fat (and calories) during the cooking process. Foods fried, sautéed, stewed, or have breading on them usually have more calories because they are cooked with fat.

Choose broth or vegetable-based soups or sauces. Cream soups often start with high fat cream or butter, and can really throw off your healthy eating. Choose soups or sauces that are tomato-based, or have beef, chicken, or vegetable broth in them.

Go for ethnic foods. Many Asian dishes, such as stir-fry, often have little fat in them as well as fiber, shrimp and lean meats like chicken. Want Italian? Look for roasted chicken with whole wheat pasta and marinara sauce.

Share your meal. Order a light appetizer and main dish with someone else and split it with them. This will help you and your friend from over-eating.

Order something small first. If you order a small dish, you can limit your calories and still enjoy your meal. If you're still hungry afterwards, you can always order something else.

Take your time. Eat slowly and have a good conversation with your friends and family. By slowing down your eating, you will allow your stomach time to digest and tell you when you're full.

So whether you're traveling or at home and decide to eat out, there are a variety of things you can do to eat healthy, keep unwanted weight off and still enjoy your meal.



# National Recovery Month Focuses on Dangers of Alcohol Abuse

By Cat DeBinder  
WRNMMC Journal staff writer

September is National Recovery Month, an observance which promotes the benefits of prevention, treatment and recovery for mental and substance use disorders. It also celebrates people in recovery, lauds the contributions of treatment and service providers and promotes the message that recovery is possible, according to the Substance Abuse and Mental Health Services Administration, sponsors of the observance.

Walter Reed National Military Medical Center (WRNMMC) recently held the training course, "The Psychology of Drug and Alcohol Abuse," taught by Jenny Sexton, drug and alcohol preventive education coordinator for the Army Substance Abuse Program (ASAP).

According to the Centers for Disease Control and Prevention (CDC), there are approximately 80,000 deaths attributable to excessive alcohol use each year in the United States, making excessive alcohol use the third leading lifestyle-related cause of death for the nation.

Sexton explained the differ-

ence between addiction and abuse. "Abuse is defined as the harmful use of a substance [such as alcohol] for mood-altering purposes," she said. "Dependence is the compulsive need to use a substance in order to function at a normal level."

The CDC affirms that some of the symptoms of dependency on alcohol, also known as alcoholism, are a strong craving for alcohol; continued use despite repeated physical, psychological, or interpersonal problems; and the inability to limit drinking.

Sexton added the average age of an individual's first use of alcohol is 12, and because the human brain is still developing until age 25, drinking at a young age can have detrimental effects. "Drinking alcohol during this period of rapid growth and development (i.e., prior to or during puberty) may upset the critical hormonal balance necessary for normal development of organs, muscles, and bones," according to the National Institute of Alcohol Abuse and Alcoholism.

"Drinking alcohol under the age of 15 for five to 15 consecutive weeks can cause alcoholism," said Sexton. She also stated that while there is



Department of Defense photo illustration by Navy Seaman Tina Staffieri

no single addiction gene, alcoholism is genetic.

"An individual with one parent who is an alcoholic has a 40 percent greater risk of developing alcoholism themselves," said Sexton. "If both parents are alcoholics, that 40 percent greater risk jumps to 60 percent."

Dr. Larry Grubb, a staff psychia-

trist at WRNMMC, noted military members are at a higher risk of problems with alcohol than the general public.

"Almost half of active duty service members (47 percent) reported binge drinking in 2008," said Grubb, and 20 percent of military personnel

See **RECOVERY** page 9

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# CLARK

Continued from 1

for health affairs and director of the TRICARE Management Authority, hosted the ceremony. "Each time I come here and walk through the gates, it's an honor and a privilege for me," said DoD's top health official. "It's impossible for me to overstate the importance of Walter Reed National Military Medical Center at Bethesda, and the importance it holds within the Department of Defense, American medicine and with all Americans. The people who work within these walls sustain life, provide hope and offer comfort to individuals and families who are in the greatest need of skilled and professional care."

Walter Reed Bethesda also serves as a model for the future of military medicine, Woodson continued. "This ceremony, which combines the time-honored traditions of two services, reminds us of what our future looks like—a future that is going to be even more impressive, integrated and joint." He added WRNMMC is helping to chart the future for the Military Health System, "which will be stronger, better and more relevant."

The 30th Chief of Naval Operations, Adm. Jonathan W. Greenert, guest speaker at the ceremony, called WRNMMC, "the Nation's Medical Center," which requires "committed leaders at the helm." He added Stocks is such a leader and led WRNMMC "during times of unprecedented transition."

The CNO saluted Stocks for overseeing the integration of the more than 7,000 staff members from NNMC and WRAMC, "while making sure world-class care continued to be provided here." He also credited Stocks with "keeping his finger on the pulse as a care giver and leader of a world-class institution" before awarding him the Defense Super-



Photo by Sharon Renee Taylor

**The official party and attendees pay respect to the nation during the Walter Reed National Military Medical Center change of command ceremony at Naval Support Activity Bethesda, on Sept. 19.**

rior Service Medal.

Stocks said Walter Reed Bethesda "has stood proudly for many years as a center of hope for all those seeking to be healed from the wounds received in battle. The men and women of this medical center are here to receive those warriors and heal them in body, mind and spirit."

The rear admiral added WRNMMC provides 1.2 million patient visits annually, offering "every medical, surgical, dental and behavioral health specialty known." In addition, WRNMMC produces the majority of the military's physicians and allied health professionals while conducting more than 1,000 active medical research protocols. He also credited "the will, determination and dedication" of the WRNMMC staff with meeting the needs of "all who come here seeking healing and hope."

In assuming command of WRNMMC, Clark commended Stocks for "laying the foundation for the immense change that will occur [in military medicine]." He also praised the rear admiral for his "leadership and outstanding command climate."

"Walter Reed Bethes-



Photo by Katrina Skinner

**A joint forces color guard parades the nation's colors during the change of command ceremony for Walter Reed National Military Medical Center, Sept. 19.**

da brings together the best of military medicine," Clark continued. He added the Nation's Medical Center is one team dedicated to the selfless service of patients. "We in military medicine care for our own better than anyone else in the world."

"I am deeply grateful for the honor and privilege to serve with the Walter Reed Bethesda One Team, [and] what we do, indeed, matter," the brigadier general concluded.



Photo by Bernard S. Little

**Army Brig. Gen. (Dr.) Jeffrey B. Clark accepts command of Walter Reed National Military Medical Center (WRNMMC) during a ceremony on Sept. 19 at Naval Support Activity Bethesda, home of WRNMMC.**



# Kayaking Class Presents New Alternative for Physical Therapy

**By Ryan Hunter**  
NSAB Public Affairs  
staff writer

Bryan Jackson, the fitness and aquatics manager for Morale, Welfare and Recreation looks out over the swimming pool filled with kayakers.

While sitting in their boats they are physically indistinguishable from one another. He points to a man wearing a life vest in a blue kayak and says, "He's a double amputee and his right hand is injured. He's new to the class, but I think it changed his life."

The kayaking class is operated and supplied by a nationwide non-profit organization that runs the program for free. "[Our organization] seeks to rehabilitate wounded warriors and give them a healthy outlet while they recover from their wounds," said Volunteer Outreach Coordinator Michael Rigatti. The organization is providing additional opportunity

for wounded warriors to have fun as they rehabilitate, he said.

Instructors and volunteers work closely with participants, giving detailed hands on instruction. "These guys teach you everything and they want to get you in the boat and out on the water right now," said Jackson. Techniques covered in the course are: proper rowing technique, body control, basic safety procedures and maneuvers to keep you safely in the boat regardless of water conditions. "A lot of our instructors are Swift River qualified. So you're getting some of the best training," said Rigatti.

The program is primarily for wounded warriors, but is open to everyone. "If civilians and cadre working at Naval Support Activity Bethesda are looking to come onboard we'd love to have them, but we're also asking them to do a little volunteering as well," said Rigatti. "We

try to recruit them to help us as outreach coordinators and van drivers. We can even train them as instructors for white water kayaking."

Participants with physical disabilities are able to participate in the classes as well. "If somebody walks in and they're wounded or injured, they will assess [them], pick the right boat for [them] and put [them] in a boat that day," said Jackson. He points to the walls lined with kayaks and a storage room nearby that is filled with specialty equipment. "They have people around the country that make apparatuses for single or double amputees. No matter what [the] disability or injury is, they can outfit a boat for them. They used to do it with duct-tape or foam, but now they have some really high-tech stuff."

Suffering from a shoulder injury, (retired) Lt. Loren Friedel joined the class to help aid



Photo by Ryan Hunter

**Wounded warriors, Naval Support Activity Bethesda staff and volunteers work together to practice kayaking techniques.**

her recovery. "I was told originally that it would help with some of the muscle damage I have, but honestly I just love being outdoors. I love the thought of being out on the river, so it's really

driving me."

The kayaking class is held every Tuesday from 4:00 to 7:00 p.m. and every Thursday from 7:00 to 9:00 p.m. in the pool located in Building 17. Walk-ins are accepted,

but to sign up for the bi-weekly class contact Jackson at 301-295-0031. To learn more about the non-profit organization that runs the class visit their website at Team-RiverRunner.org.

## Prostate Cancer Awareness Month Observed During September

**By Sharon**  
**Renee Taylor**  
WRNMMC Journal  
staff writer

Prostate cancer is one of the most common types of cancer found in American men, according to the Center for Prostate Disease Research (CPDR) at Walter Reed National Military Medical Center (WRNMMC).

One man in six will be diagnosed with prostate cancer during his lifetime, but patients with prostate cancer have a very high survival rate from the disease if their tumor is detected, according to retired Army Col. (Dr.) David McLeod, a urologist for more than three decades who serves as CPDR director. "Some prostate cancers are not aggressive," he said. "The difficulty is discerning which cancers are the aggressive ones."

The risk of prostate

cancer increases with age, stated retired Army Col. Jane Hudak, a registered nurse who serves as patient educator for CPDR. "African American men and men with a father or brother with the disease have a higher risk of developing prostate cancer," she said.

"Knowledge is power," Hudak continued. "Men need to be proactive and become informed about their risk of having prostate cancer," she added.

Early detection of prostate cancer involves two quick and simple procedures, according to McLeod and Hudak. The procedures are a blood test for prostate specific antigen, and a physical examination of the prostate, which is known as a digital rectal examination. Both can be performed during a routine annual check-up with a provider.

"Based on the cur-



Photo by Bernard S. Little

**Retired Army Col. (Dr.) David McLeod, a urologist for more than three decades and director of the Center for Prostate Disease Research (CPDR), a component of the John P. Murtha Cancer Center at Walter Reed National Military Medical Center, says the Center offers "a robust program of patient education and support."**

rent American Urological Association 2013 Guidelines, it is recommended that screening be offered to men ages 55 to 69," McLeod stated. "Men younger than 55 or older than 69 who are concerned about their personal risk factors should talk with their physician to determine whether they

should be screened for prostate cancer. Men who are at risk for prostate cancer, such as men with a family history of prostate cancer and African American men, or men who have any concerns about prostate cancer, are encouraged to talk with their physician, regardless of age."

Treatment options for prostate cancer vary due to many factors, which include the extent of the cancer and its aggressiveness, according to Army Lt. Col. (Dr.) Inger Rosner, a urologic oncologist at WRNMMC who serves as the associate director of CPDR.

"The CPDR provides state-of-the-art prostate care, which includes robotic laparoscopic surgery, Intensity Modulated Radiation Therapy and brachytherapy, Rosner explained. Active surveillance of the disease may be an option for men with low-risk prostate cancer, although this approach does not treat the cancer but closely monitors the patient for any progression of the cancer, she explained.

"The CPDR offers a unique multi-disciplinary clinic for men newly diagnosed with prostate cancer which provides men and their families

with a comprehensive, individually tailored experience of education," McLeod added. "There are consultations with a urologic oncologist, radiation oncologist, and nurse educator. In addition, there is a urologist specializing in male sexual health, and a psychologist to help patients learn more about prostate cancer and treatments. The team of experts make a recommendation on the treatment options best suited for each individual. The CPDR also has a special clinic for men whose cancer has recurred following treatment."

For information/clinics, or for an appointment to discuss prostate health issues, call CPDR at 301-319-2900. For information about the WRNMMC Prostate Cancer Support Group, call Jane Hudak for more information at 301-319-2918.



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05-12 OCTOBER 2013  
CELEBRATE THE NAVY'S 238TH BIRTHDAY

# U.S. Navy Birthday Celebration Events

Day	Date	Time	Event	Location
Sat	05 Oct	1130	USNA vs. USAF Football Game <i>Open to Public</i>	U.S. Naval Academy <a href="http://www.navysports.com">www.navysports.com</a>
Sun	06 Oct	1300	Worship Service <i>Open to Public</i>	U.S. Naval Academy Chapel <a href="http://www.USNA.edu/chapel">www.USNA.edu/chapel</a>
Tue	08 Oct	1300	CNO & MCPON Virtual All-Hands Call <i>Open to Public</i>	Virtual <a href="http://navylive.dodlive.mil/">http://navylive.dodlive.mil/</a>
Tue	08 Oct	1900	NHHC Reception <i>Invite-Only Event</i>	National Museum of the U.S. Navy <a href="http://www.history.navy.mil">www.history.navy.mil</a>
Wed	09 Oct	1930	Navy Band Concert <i>Open to Public</i>	Strathmore Music Center <a href="http://www.navyband.navy.mil">www.navyband.navy.mil</a>
Thu	10 Oct	1100	5K Run & Walk <i>Open to Public</i>	Joint Base Anacostia Bolling <a href="http://www.cnic.navy.mil/jbab">www.cnic.navy.mil/jbab</a>
Fri	11 Oct	0900	Pentagon Celebration <i>Open to Pentagon</i>	Pentagon Courtyard
Fri	11 Oct	1300	Wreath Laying Ceremony <i>Open to Public</i>	Navy Memorial <a href="http://www.cnic.navy.mil/ndw">www.cnic.navy.mil/ndw</a>
Sat	12 Oct	1730	U.S. Navy Birthday Ball <i>Open to Public</i>	Grand Hyatt DC <a href="http://www.navybirthdayballdc.org">www.navybirthdayballdc.org</a>



DEFENDING AMERICA WITH PRIDE SINCE 1775

# U.S. Navy Birthday Celebration Events



## Continued from 5

So how do you know if you have a problem with alcohol?

“You can’t exactly tell that your liver is suffering from excessive alcohol consumption,” said

Also at Walter Reed Bethesda, Alcoholics Anonymous (AA) meets Mondays (except for the first Monday of the month), Wednesdays and Fridays from noon to 12:50 p.m., and Tuesdays and Thursdays from 7:30 to 8:30 p.m., in Building 8, Rm. 2230 (Chaplain's Conference Room). For more information, call 301-503-1210.

**Continued from 3**

Any problems or questions about Windows 7 can also be submitted via email to [WRNMWindows7@health.mil](mailto:WRNMWindows7@health.mil), where users can also provide feedback about the new operating system.

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Former Secretary of Defense Donald Rumsfeld Visit



Photo by Ryan Hunter  
**Former Secretary of Defense Donald Rumsfeld visits Navy Exchange Bethesda to autograph copies of his new book, "Rumsfeld's Rules: Leadership Lessons in Business, Politics, War and Life," for NEX patrons, Tuesday.**

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